

IN THE CLAIMS:

1. **(Currently amended)** An apparatus for increasing blood flow to the skin of a person using the apparatus for regeneration of skin and digestion of adipose cells without causing an increase of gravity effects on the person, ~~[[with]]~~ the apparatus comprising a work-out device to be actuated with the legs, said work-out device being enclosed by an air-tight housing, said housing comprising an opening which is formed for the tight enclosure of the person in the area of the waist, with a device for the production of a differential pressure in said housing, said device being connected with said housing and being arranged so as to alternately produce a pressure reduction and a pressure increase in the housing, wherein within said housing, a support means is arranged to take the body weight off the legs of the person.

2. **(Previously presented)** An apparatus according to claim 1, wherein the support means is a seat.

3. **(Original)** An apparatus according to claim 1, wherein the device for producing a differential pressure is arranged so as to ensure a predetermined air throughput through the housing.

4. **(Original)** An apparatus according to claim 1, wherein the pressure reduction is performed by a differential pressure of 0.02 to 0.2 bar.

5. **(Original)** An apparatus according to claim 1, wherein the pressure reduction is performed by a differential pressure of 0.05 bar to 0.15 bar.

6-8. (Cancel)

9. (Previously presented) An apparatus according to claim 2, wherein the seat is adjustable in height.

10-31. (Cancel)

32. (Currently amended) Apparatus for increasing blood flow to the skin of a person using the apparatus for regeneration of skin and digestion of adipose cells without causing an increase of gravity effects on the person, the apparatus comprising:

means for doing physical exercise, said means being actuated by the person's legs;

means for generating a pressure different from the ambient pressure;

means for containing the pressure generated by said means for generating a pressure, said means for containing the pressure being arranged such that it houses the means for doing physical exercise and that it sealingly surrounds lower parts of said person's body;

wherein said apparatus further comprises

means for supporting the body weight of said person, said means for supporting the body weight of said person being arranged such that the legs are not exposed to the body weight during use of said means for doing physical exercise.

33. (Currently amended) A method for increasing blood flow to the skin of a person and for regeneration of skin and digestion of adipose

cells without causing an increase of gravity effects on the person,
comprising the following steps:

placing the lower part of said person on a support means in a pressure chamber, said pressure chamber being equipped with a work-out means;

closing seals around the body of said person to contain the pressure in said pressure chamber;

having said person to start using the work-out means against a resistance generated by the work-out means;

wherein said method comprises the further steps of
first stimulating the circulatory system of said person by
[suing] using the workout device under ambient conditions,

then generating a pressure below atmospheric after said person has been using the work-out means for a specific amount of time.

34-39. **(Cancel)**

40. **(Currently amended)** An apparatus for increasing blood flow to a person's skin ~~using apparatus,~~ for regeneration of skin and digestion of adipose cells without causing an increase in gravity effects on the person, comprising a work-out device to be actuated with the person's legs; an air-tight housing enclosing the work-out device, said housing comprising an opening which is formed for tight enclosure of the person in a waist area; a device for producing a differential pressure in said housing, said device being connected with said housing and being arranged so as to alternately produce a pressure reduction and a

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pressure [[wherein]] increase; and a support means within said housing for removing body weight from the legs of the person while actuating the work-out device, said support means being a seat.

41. (Cancel)